SPEAKING IN TONGUES

CANADA'S NEW BILINGUALISM EMBRACES MANY LANGUAGES PAGES 4-5

REGINA metro®

Thursday, October 25, 2012

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FOUGERE WINS TOP JOB

Michael Fougere celebrates with supporters at the Delta Hotel on Wednesday night. For municipal election coverage, see pages 2 and 3. KIM JAY/FOR METRO

Suspicious death deemed homicide

Regina police investigate, believing the death to be the result of a Sept. 29 assault PAGE 2

More GOP rape comments

Another Republican sparks furor after claiming pregnancy from sexual assault is 'something God intended' PAGE 6

Guilt-free brownies...yes!

Coca-nut brownies offer an alternative to their sugar-laden counterpart PAGE 13

NHL labour talks go off the rails?

League expected to start making grim announcements familiar to fans who survived 2004-05 lockout PAGE 18

Michael Fougere and his wife, Cindy, enter city hall Wednesday night after learning the longtime councillor would be Regina's next mayor. KIM JAY/FOR METRO

Councillor turned candidate wins Regina

The new mayor. Longtime council member Fougere beats out eight others to take over 40 per cent of voter share

JEFF MACKEY
and ALYSSA MCDONALD
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Michael Fougere will be Regina's first new mayor in 12 years.

Fougere won with more than 40 per cent of the vote and beat out eight other candidates, including Marian Donnelly, who came in second, and Meka Okochi, in third.

"I was lucky and successful tonight," said Fougere at the doors of Henry Baker Hall after being projected the winner.

Voter turnout in this election increased from 2009, showing a renewed interest in civic politics for the city. As of press deadline, 31 of the city's 32 polls had been counted with 49,060 votes cast.

Fougere also announced that he had retired from his job as president of the Saskatchewan Construction Association.

"I have a new job. I retired from my other job and I will have more time to work exclusively on council, so for me that's really exciting."

Fougere will be joined in council this fall by at least four new councilors, making this a considerably different council from the previous one.

"I want to meet with them right away. They are committed and interested in moving the city forward; they have some great ideas."

New gig

"I have a new job. I retired from my other job and I will have more time to work exclusively on council, so for me that's exciting."

Mayor-elect Michael Fougere
Who defeated eight other candidates to win the civic election after serving as a councillor.

Police are investigating the city's fifth homicide of 2012. METRO

Assault. Suspicious death deemed Regina's fifth homicide

The investigation of a suspicious death is now being ruled a homicide by the Regina Police Service. The body of Mavor Leo James Demerchant, 46, was found on the 1300 block of Grey Street on Oct.19. Police believe Demerchant's death was the result of an assault on the man on Sept. 29.

METRO

Election round-up

Voters opt for familiar faces in Saskatchewan civic elections

In Saskatoon, with all the polls reporting, Donald Atchison was declared the winner with 34,489 votes compared to runner-up Tom Wolf's 31,085.

Atchison has been mayor since 2003 but faced a serious challenger in agriculture researcher Wolf, who had promised to work on the city's infrastructure, improving bus and snow removal services and doing more to integrate newcomers into the city's growing population.

Atchison told supporters at his victory party that his focus is on improving the city's infrastructure, such as roads, in order to accommodate the city's expansion.

"People are now moving to Saskatoon, not the other way around," he said to cheers.

"My dedication (to) moving our community forward is still in place."

Earlier in the day, he spoke about continuing to move in "the right direction."

"It's really about jobs, it's having friends and families moving back to Saskatoon, working so well with the provincial and federal governments, and the city is just going to continue to grow and prosper."

He also promised $12 million to $15 million dollars of additional funding for roads over the next four to five years.

In Moose Jaw, former New Democrat cabinet minister Deb Higgins narrowly beat out city councillor Fraser Tolmie by 5,239 votes to 4,645.

"I knew it was going to be close," said Tolmie.

"It's a battle, and you're fighting for the city's future. But I did it with a lot of love and support from my family, so I'm grateful for that."

Both were running to replace Glenn Hagel, who announced in July that he would not run again because he wants to spend more time with his family.

That was the same reason given by Fiacco for why he was leaving the job after four terms and 12 years.

Meanwhile, voting was not without its challenges in Saskatoon on Wednesday morning.

A Ward 8 polling station was broken into at about 3:30 a.m. after somebody rammed a vehicle into College Park School.

THE CANADIAN PRESS

Races go down to the wire

When Metro went to print, the final numbers had not been counted.
The following results from each ward are as of 11 p.m., with 4 out of 5 polls reported

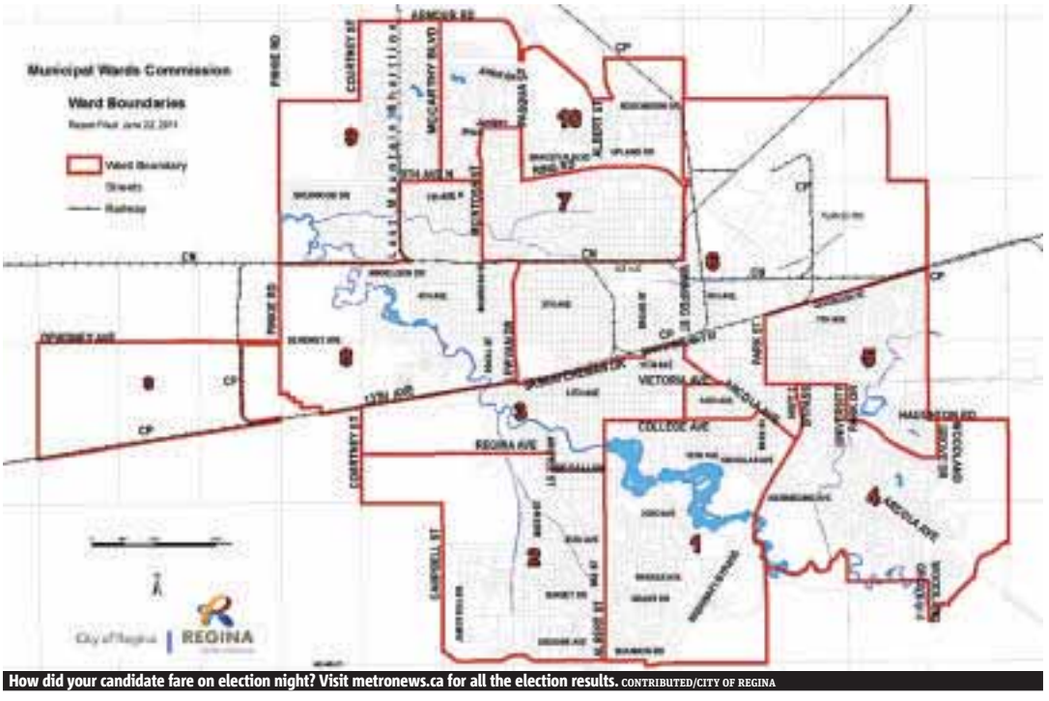
JANE CAULFIELD
regina@metronews.ca

Ward 1

Barbara Young 1,987
Shawn Kuster 1,917
John Klein 678
Conrad Hewitt 518
Terry Madole 347
Rob Armstrong 158
Keith David Rey 108

Ward 2

Bob Hawkins 1,764
Heather Mcintyre 1,631
Richard Dittrick 1,618
Sam Khan 1,192



How did your candidate fare on election night? Visit metronews.ca for all the election results. CONTRIBUTED/CITY OF REGINA

Ward 10

Jerry Flegel 2,649
Chris Szarka 2443

Ward 9

Terry Hinks 2,029
Harold Knight 1,796
Kevin Mooney 916
Dawn Thomas 421

Ward 3

Shawn Fraser 1,934
Susan Birley 884
Eric Anderson 600
Don Young 573
Shirley Dixon 381
Janice Muir 87
D. Justin Slobodan 46

Ward 4

Bryon James Burnett 2,557
Tina Beaudry-Mellor 2,528
Perry Leitner 1,155
Darryl Smith 365

Ward 5

John Findura 2,247
Bill Gray 1,417
Femi Ogunrinde 1,006

Ward 6

Wade Murray 1,046
Sarah Etter 608
Allan Kirk 244
Stephen McDavid 228

Ward 7

Sharron Bryce 2,344
Danny Berehula 904
Colin Stewart 473
Austin Stadnyk 191

Ward 8

Mike O'Donnell 2,642
Brian Runge 1,567

SPEAKING IN SEVERAL TONGUES

2011 census reveals more Canadians are speaking at least two languages at home compared to 2006 numbers; Punjabi and Tagalog are surging, while French and aboriginal languages are on the decline

Bilingualism is surging in Canada, but not necessarily in the country's two official languages.

Statistics Canada released the last batch of data from the 2011 census on Wednesday, this time focusing on about 200 languages that make up the linguistic portrait of the country.

The data suggest that multiculturalism is not simply an abstract concept to describe a motley collection of diverse communities.

Rather, it is a reality for a growing number of families, even within the confines of their own homes.

The census shows that 17.5 per cent of the population — or 5.8 million individuals — speaks at least two languages at home. That's up from the 14.2 per cent of multilingual households counted in the 2006 census, and an increase of 1.3 million people.

Of those 5.8 million, most of them speak English plus an immigrant language such as Punjabi or Mandarin. Less than a quarter — 1,387,190, to be precise — are using both French and English at home.

And aboriginal languages are in outright decline, with usage shrinking 1.7 per cent since 2006 — a loss of 3,620 people despite a concerted effort by many First Nations to revive their culture and language.

"Yes, we see a diversity, but what we see clearly is ... we have all these transition phases where English and French are also spoken at home in addition to non-official languages," said Jean-Pierre Corbeil, the agency's lead analyst on the languages part of the census.

Bojan Djuricic and his wife, Naomi Sutorius-Lavoie, read a Serbian book to their daughter, Mila Sutorius-Djuricic, in Toronto on Oct. 17. Djuricic will be taught to speak in English, French and Serbian. NATHAN DENETTE/THE CANADIAN PRESS

"This doesn't happen only outside Quebec but in Quebec as well."

Corbeil warned, however, that the data likely underestimate the increase in diversity over the past few years. That's because Statistics Canada had to change the way it collects language data after Prime Minister Stephen Harper scrapped the long-form census in 2010.

Wednesday's information came from the mandatory short form that went to every household in Canada. In the past, language was in the long form that went to 20 per cent of households, and was framed in a different context.

The 2011 census numbers suggest that language diversity has been increasing at just half the rate as noted in the 2006 census, but data from Citizenship and Immigration Canada suggest the pace of change is at least the same, Corbeil said.

The census shows that the most common immigrant language in Canada was Punjabi. When Punjabi speakers are grouped together with others who speak a closely related language such as Urdu, their numbers total 1,180,000.

Tagalog, the language of Filipinos, saw the biggest surge, growing by 64 per cent since the last census was taken in 2006.

THE CANADIAN PRESS

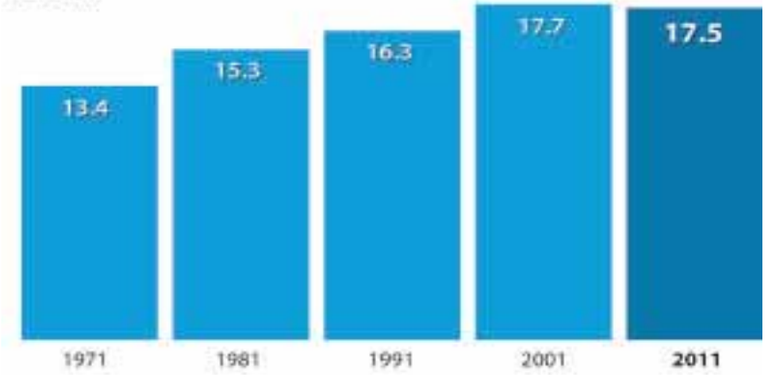
Census highlights

Selected highlights from Wednesday's Statistics Canada release of 2011 census data, focused on language:

- One in five Canadians — some 6.6 million people — reported speaking a language other than English or French at home; 191 distinct languages were among those identified as either a mother tongue or a home language.
- Nearly 10 million people said they could conduct a conversation in French, up from 9.6 million five years earlier; however, as a proportion of the population, those able to speak French slipped to 30.1 per cent, down from 30.7 per cent in 2006.
- The number of people who spoke Mandarin at home grew by almost 51 per cent from 2006 to 2011. Arabic grew by 47 per cent; Hindi by 44 per cent; the Creole languages by 42 per cent.
- In Toronto, Canada's most populous city, 1.8 million people — about 32.2 per cent of the population — reported speaking an immigrant language at home.
- 5.8 million people, about 17.5 per cent of the population, reported speaking at least two languages at home, up from 14.2 per cent in 2006.

BILINGUALISM RATES

A look at the proportion of Canadians who reported being able to conduct a conversation in both official languages:

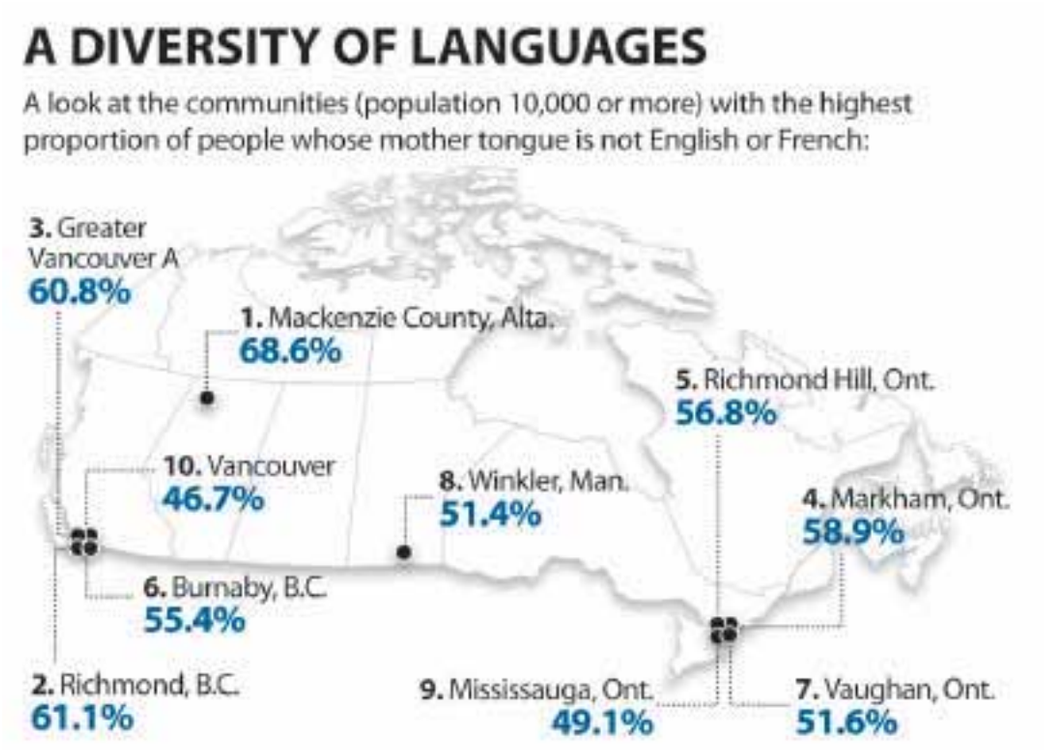


TOP IMMIGRANT LANGUAGES

A look at the top non-official languages spoken most often at home:

LANGUAGE	2011 POPULATION	% CHANGE FROM 2006
Punjabi	394,495	25.2
Chinese*	338,795	-6.6
Cantonese	328,855	3.0
Spanish	325,260	32.4
Tagalog	278,640	64.1
Arabic	270,155	46.8
Mandarin	226,065	50.4
Italian	184,175	-5.2
Urdu	164,650	28.8
German	158,035	12.6
Persian	144,010	32.5
Russian	128,675	27.3

*Refers to persons who reported 'Chinese' without specifying further


A DIVERSITY OF LANGUAGES
A look at the communities (population 10,000 or more) with the highest proportion of people whose mother tongue is not English or French:
3. Greater Vancouver A 60.8%
1. Mackenzie County, Alta. 68.6%
5. Richmond Hill, Ont. 56.8%
10. Vancouver 46.7%
8. Winkler, Man. 51.4%
4. Markham, Ont. 58.9%
6. Burnaby, B.C. 55.4%
2. Richmond, B.C. 61.1%
9. Mississauga, Ont. 49.1%
7. Vaughan, Ont. 51.6%

From left, Kelly Kim, Peter P. and Leon Song practise French and English at a language exchange at the Rivoli restaurant in Toronto on Oct. 10. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Multiculturalism on display in language-sharing groups

Not even the relentless throb of a hip-hop beat can drown out the sounds of a typical Tuesday night upstairs at Toronto's Rivoli nightclub.

The top floor of the bustling bar echoes each week with the staccato clack of German consonants, the melodic lilt of Japanese vowels and persistent peals of laughter as more than a hundred aspiring language students struggle to master their new tongues.

The students — from all walks of life and ranging in age from early 20s to late 70s — are members of Toronto Babel, an informal language exchange program that has been giving the city's international community a chance to speak in new and native tongues alike for the past three years.

The din of different languages is loudest in Toronto, where 1.8 million people reported speaking an immigrant language at home, according to fresh 2011 census numbers released Wednesday. Vancouver ranked a distant second with 711,515 people reporting an at-home preference for a language other than English or French, Statistics Canada reported.

Cantonese and Punjabi ranked highest on the list of languages in Toronto, along with other Chinese languages, Urdu, Tamil and Tagalog, which originates in the Philippines.

Eduardo Costa, 39, was recruited in the group's earliest days after advertising online to find an English conversation partner. The initial group of a dozen people quickly began to grow, and Costa found the people he met there began to fill the void left by the friends and relatives he left behind in his home country of Brazil.

"When you immigrate, you lose your family, your friends are still there," he says. "This group became my first new family in Canada."

Smaller Babel groups have sprung up in Ottawa and Kitchener, Ont., Babel co-leader Anna Shalaginova said.

THE CANADIAN PRESS

En français

Immersion still sought after

Immersion options in Canada's second official language are broader than ever.

The original programs have been expanded to accommodate a wider range of students, while a new program specifically for kids of francophone families is now in high demand.

The idea has broad national appeal, according to figures from advocacy group Canadian Parents for French, which says more than 30 per cent of students in every province outside of Quebec were enrolled in some form of French-as-a-second-language program in the 2010-11 school year. THE CANADIAN PRESS

According to Statistics Canada ...

1 Up/down. More Canadians speaking French

A sign on the wall of Stephane Wild's restaurant in Winnipeg on Oct. 5. Nearly 10 million people reported being able to speak French in 2011, up slightly from 2006 but down as a proportion of the Canadian population. JOHN WOODS/THE CANADIAN PRESS

2 Fading out. Just a few native languages still going strong

A stop sign in Mohawk is seen on the Tyendinaga First Nation reserve east of Belleville, Ont., on Oct. 11. Of the more than 60 registered First Nation languages, only a relative handful — such as Cree, Ojibway, Oji-Cree and Dene — remain strong and viable. COLIN PERKEL/THE CANADIAN PRESS

3 Climbing in numbers. Tagalog-speaking population growing

Nearly 279,000 people reported speaking Philippine-based Tagalog most often at home, compared with 170,000 in 2006, an increase of 64 per cent — the largest increase of all the reported languages. JEFF HODSON/METRO IN VANCOUVER

IMMIGRANT LANGUAGES BY CITY

The top non-official languages in Canada's largest metropolitan areas:

TORONTO	%	MONTREAL	%	VANCOUVER	%
Cantonese	8.8	Arabic	17.2	Punjabi	17.7
Punjabi	8.0	Spanish	15.2	Cantonese	16.0
Chinese*	7.0	Italian	8.1	Chinese*	12.2
Urdu	5.9	Chinese*	5.7	Mandarin	11.0
Tamil	5.7	Creole	5.4	Tagalog	6.7

CALGARY	%	EDMONTON	%	OTTAWA-GATINEAU	%
Punjabi	12.1	Tagalog	11.0	Arabic	20.4
Tagalog	10.4	Punjabi	10.9	Spanish	8.1
Chinese*	9.2	Chinese*	8.9	Chinese*	7.5
Spanish	7.9	Cantonese	6.8	Mandarin	4.4
Cantonese	7.4	Spanish	6.5	Somali	3.8

*Refers to persons who reported 'Chinese' without specifying further

Again! Comments on rape trip up one more Republican

Women shocked. A victim's pregnancy is 'something God intended,' says Indiana candidate

Another Republican running for the U.S. Senate has sparked outrage with comments about rape.

Richard Mourdock told a live television audience that when a woman becomes pregnant during a rape, it's "something God intended."

Mourdock, an Indiana Senate candidate, was asked during a debate Tuesday whether abortion should be allowed in cases of rape or incest.

"I struggled with it myself for a long time, but I came to realize that life is that gift from God," Mourdock said.

"And, I think, even when life begins in that horrible situation of rape, that it is something that God intended to happen."

Republican Richard Mourdock's comments on rape have angered women. SCOTT OLSON/GETTY IMAGES FILE

Mourdock explained after the debate that he did not believe God intended rape but that God is the only one who can create life.

"Are you trying to suggest somehow that God preordained rape, no I don't think that," Mourdock said.

"Anyone who would suggest that is just sick and twisted. No, that's not even close to what I said."

Mourdock has consistently opposed abortion, with the exception of cases where the mother's life is in danger.

Mourdock on Wednesday stood by his statement.

Women voters are key to this year's presidential race, and Republican challenger Mitt Romney has been drawn into this latest issue.

Romney campaign spokesperson Andrea Saul said Romney disagrees with Mourdock's opposition to abortion in cases of rape and incest, but she said Romney still supports Mourdock's Senate bid.

In August, Missouri Senate candidate Todd Akin caused an uproar when he said women's bodies have ways of preventing pregnancy in cases of what he called "legitimate rape."

THE ASSOCIATED PRESS

Mystery. Is human head linked to body in ditch?

Teenagers walk past the spot where a human head was found in Edmonton on Wednesday. JASON FRANSON/THE CANADIAN PRESS

A human head was found Wednesday in an Edmonton alley.

Police are trying to find out if it belongs to a body found in a rural area east of the city on the weekend.

A source said a woman discovered the head.

Jesse Whitnack, a 30-year-old computer tech who lives in an apartment at the end of the alley, watched police from his balcony and zoomed in with his camera.

He said the head was on the ground. He could see hair, but he couldn't tell if it belonged to a man or a woman.

Police took the head away in a brown paper bag, Whitnack said.

RCMP are working with city police to determine whether the head is linked to remains found in a ditch near Ranfurly, about 120 kilometres east of Edmonton.

The Mounties have said little about that case, other than that a body was found on Saturday evening. An autopsy was performed Monday.

Local media have quoted area residents who said they had heard that the body had been decapitated and was found lying in a ditch next to a running pickup truck.

THE CANADIAN PRESS

Pessimism in Syria

UN backs it, but weekend truce plan appears doomed to fail

The United Nations Security Council gave unanimous backing Wednesday to a four-day truce proposed by the international mediator for Syria.

Lakhdar Brahimi, the UN-Arab League envoy, told the council the Syrian regime and some rebel groups promised to lay down their arms during the Muslim holiday of Eid al-Adha, which begins Friday.

But President Bashar Assad's regime denied Wednesday it had committed to the plan.

THE ASSOCIATED PRESS

A man injured by an artillery shell in Aleppo is rushed to hospital. THE ASSOCIATED PRESS

Inmate inquest to go ahead

An inquest into the prison death of a troubled teenager will proceed.

A judge in Toronto Wednesday rejected the federal government's last-ditch request for an emergency stay.

The decision came amid assertions prison authorities were simply trying to cover up the horrific treatment meted out to Ashley Smith that was captured on videos.

The videos show guards duct-taping Smith to an airplane seat, and forcibly injecting her with "chemical restraints" against her will.

Lawyer Julian Falconer, who speaks for Smith's family, accused the government of trying to put a lid on the videos.

"I insist on Correctional Services being called an abuser," Falconer said.

THE CANADIAN PRESS

Hearing Tests Set for Regina

Free electronic hearing tests will be given on October 25th, 26th and 27th, 2012 at the Beltone Hearing Centre at 2160 Broad Street, Regina. The tests have been arranged for anyone who suspects they are losing their hearing. Such persons generally say they can hear but not understand words. Testing with the latest computerized equipment will indicate whether you can be helped.

Everyone, especially those over 50 should have an electronic hearing test at least once a year. If there is a hearing problem, hearing tests may reveal that newly developed methods of correction will help, even for those who have been told that a hearing aid would not help them. If you suspect you've experienced hearing loss, phone in for a free hearing test. Our licensed specialists are trained in the latest auditory testing methods. And we'll be the first ones to tell you if you don't need a hearing aid. But if you do have a hearing loss, we'll explain your results and provide you with a list of options.

If you suspect even minor hearing loss, don't let it go untreated. Call for your free test now. 359-6003 or Toll Free 1-800-497-7772. 2160 Broad St@14th Ave., Regina. AskBeltone.com

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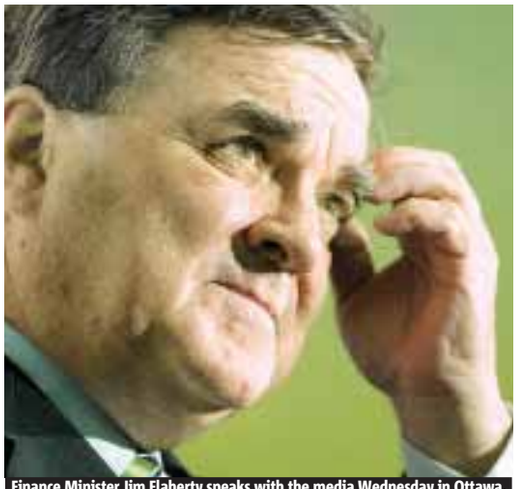

Finance Minister Jim Flaherty speaks with the media Wednesday in Ottawa. He announced that the federal government will more closely regulate the prepaid credit card market. ADRIAN WYLD/THE CANADIAN PRESS

Feds crack down on prepaid plastic

New regulations. Card issuers will have to be transparent about fees and conditions

Quoted

"In our view, it was inappropriate for financial institutions to have cards go dormant."
Finance Minister Jim Flaherty

Ottawa is stepping in with new rules for the largely unregulated prepaid credit card market.

Finance Minister Jim Flaherty announced Wednesday that in the future, issuers of prepaid cards will not be able to impose expiry dates and must be up front about hidden fees and conditions.

The move is part of the government's expanding code of conduct measures to govern credit and debit transactions, that had previously not applied to the relatively new prepaid market.

"We have done a lot of regulation with respect to debit and credit cards. We haven't done much with respect to prepaid cards," Flaherty said.

While still a small segment of the market, prepaid plastic has become an option for consumers without conventional credit or debit cards, young adults, and for parents who want to introduce their children to using credit while limiting the risk of theft and over-spending.

But the sector has also faced criticism for exorbitant hidden fees that reduced their face value and fooled customers. These can include monthly or annual fees, maintenance costs, as well as ATM charges.

"In our view, it was inappropriate for financial institutions to have cards go dormant. For example, people would get cards as gifts for their birthdays or whatever, not realize that the $200 on the card would expire over a certain period of time," Flaherty said.

THE CANADIAN PRESS

UBC study. Summer babies have tough crawl to the top

Do you have a summer birthday? It could be a speed bump on the way to the corner office.

A new study from the University of British Columbia's business school finds that summer babies are less likely to be CEOs.

Researchers at the Sauder School of Business checked out the birth dates of 375 chief executive officers from S&P 500 companies between 1992 and 2009. They found that only about six per cent were born in June or July.

By contrast, people born in March and April represented more than 12 per cent and 10 per cent, respectively, of the sample.

It seems that summer babies have a tougher crawl to the top because of what researchers call the "birthdate effect." That refers to the way children are grouped by age in school.

In the U.S, cut-off dates for school admission fall between September and January. Levi and his team determined that those CEOs in the sample born between June and July were typically the youngest in their class. Those born in March and April were the oldest.

TORSTAR NEWS SERVICE

Mobile ad growth

At last, good news for Facebook stock

Facebook shares posted their biggest single-day gain Wednesday since going public in May, jumping 19 per cent to close at $23.23 US after the social media company made inroads in mobile advertising and posted accelerating growth in overall ad revenue.

It's been a rough five months since the social network's initial public stock offering, and it's too early to tell whether investors' optimism is here to stay.

But on Wednesday they latched on to clear signs of growth in the company's third-quarter earnings report. Several analysts upgraded the stock.

Facebook on Tuesday also gave details for the first time on how much money it made from mobile ads. This has been a concern since before its IPO. THE ASSOCIATED PRESS

Competition

EU says Microsoft broke agreement over browsers

The European Union's executive arm formally accused Microsoft on Wednesday of failing to comply with a binding agreement to give customers a choice among Internet browsers.

Microsoft apologized and said the matter was the "result of a technical error." THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.51¢ (-0.23¢)

TSX 12,195.02 (-30.81)

OIL $85.73 US (-$0.94)

GOLD $1,701.60 US (-$7.80)

Natural gas: $3.45 US (-8.5¢)
Dow Jones: 13,077.34 (-25.19)

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KEEPING UP WITH BLOODSUCKING VERMIN

HE SAYS...
John Mazerolle
metronews.ca

Don't be alarmed, but this column may be covered in bedbugs.

I'm not entirely sure if bedbugs have infiltrated my apartment, but I was bitten by SOMETHING recently, so like all chewed-on city dwellers I've been panicked that it could be the little bloodsuckers.

That means if you've touched this column, you should freeze it, steam it, fumigate it, poison it, microwave it, Holy Water it, and simmer it in a white wine sauce for 40 minutes, stirring occasionally. Even then, that will only stun the little bug(ger)s, because they're the insect equivalent of The Incredible Hulk.

Once nearly eradicated, bedbugs have made a comeback worthy of a B-list actor in a Tarantino flick.

And they're everywhere.

Online bedbug registries for pre-screening apartments and hotels are useless, because all you learn is that bedbugs are omnipresent — like the body snatchers — and there's nothing us foolish humans can do about it. (Pro tip: If a bedbug rates a location as eight out of 10 or higher and is raving about the buffet, steer clear.)

Bedbugs are filling their ick quotient so well that I looked at the welts on my arm and hoped they were from something pleasant, like a spider. If an exterminator looked at my skin and said, "Actually, that's from a wolf" I'd say, "Oh, thank goodness. Do we spray for that?"

There is hope, however. I've been reading up on bedbugs, as one does when you swear you can feel them on your skin at every waking moment. They can be fought, but you need to know your enemy, so here are some myths about the creatures and the reality behind it. Happy hunting!

- **Myth #1:** Bedbugs are invisible.
  Reality: Bedbugs are seldom seen because they only come out at night. They are actually several feet long and live in your closet. Telltale signs include a viscous trail of slime and opened canisters of Pringles.
- **Myth #2:** Bedbugs are a sign of uncleanliness.
  Reality: Bedbugs can live anywhere from the poorest, most squalid apartment to the cleanest hairpiece on the richest Trump. Bedbugs are attracted not to dirt, but sin, which is why they live in your bed. They will migrate to the living room immediately if you turn on the Kardashians.
- **Myth #3:** Bedbug bites come in threes.
  Reality: Bedbugs know you know this, so they sometimes throw in a fourth bite and scurry off, giggling.
- **Myth #4:** You need an exterminator to get rid of bedbugs.
  Reality: All you need for a successful bedbug kill is a shoe. Beat until you see telltale black and blue markings. They'll still be alive at that point, but they'll know who's boss. A Nike shoe will doubly impress them with your alpha-ness, especially later that night when they're nibbling on your earlobe.

And now you know.

Sleep tight!

Bedbug-detecting dog Barney signals which jar contains bedbugs. But don't wait for Barney to tell you that you've got bedbugs — grab a shoe and start swinging.

BRIAN KERSEY/GETTY IMAGES

Psy, this is UN Style

ALLISON JOYCE/GETTY IMAGES

South Korea connection

UN boss horses around with Psy

UN Secretary General Ban Ki-moon got some dance lessons from compatriot South Korean pop sensation Psy.

On a visit to the United Nations in New York Wednesday, the rapper, born Park Jae-sang, attempted to teach the world's top diplomat the invisible horse trot dance from his global viral hit Gangnam Style.

METRO

UN chief's viewpoint

"I'm a bit jealous. Until two days ago someone told me I am the most famous Korean in the world. Now I have to relinquish. I have no regrets."

UN Secretary General Ban Ki-moon on his countryman Psy

Singer's viewpoint

"To be here and he knows me, even the fact that he knows me is so touching right now and he's saying he saw my video, he counted my video views."

South Korean rapper Psy on meeting the head of the UN

Gangnam engages

Why Ban wanted to meet Psy

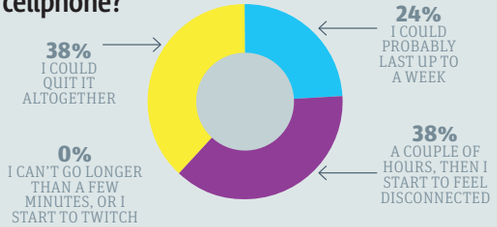
Ban's spokesperson Martin Nesirky told reporters that while the secretary general deals with issues such as Syria, he also considers it important to engage different parts of society.

"He firmly believes music has great power, particularly in helping to overcome intolerance," he said. "It helps to reach out to audiences in a way that many other forms of culture cannot do." METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How long could you go without your cellphone?


38%
I COULD QUIT IT ALTOGETHER
24%
I COULD PROBABLY LAST UP TO A WEEK
0%
I CAN'T GO LONGER THAN A FEW MINUTES, OR I START TO TWITCH
38%
A COUPLE OF HOURS, THEN I START TO FEEL DISCONNECTED

Twitter

@daidygirl:
Come on city of regina! The polling station at nw ymca was the least private I have ever voted at! Next time book a school! #yqr

@prairiegirlsk:
@MayorFiacco thank YOU for everything you did for #yqr and for the pride you brought to the city. #greatjob

@logansfraser:
Just landed in #calgary it's a white Christmas here... U are forewarned #yqr

@ErinFound:
Read the #Riders e-mail & it wasn't what I expected from the public reaction! No candidate endorsement, just facts from the team's POV."

@colincraig1:
The #Riders email to fans about the election/stadium seems is offside. Beware of shouts of support from those receiving subsidies #Regina

metro
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Museum's paranormal activity investigated, turned into book

Haunted? Western Development executive director says she's a skeptic, but supports paranormal research

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

When Josh Hourie took on the job of assistant on the Western Development Museum's Paranormal Project, he approached the job with an open mind.

What he didn't expect was an open door.

Hourie spent the past three years traversing the province, visiting the museum's five branches with a team of investigators to see if they could find any evidence of paranormal activity.

Hourie says he had his most "powerful experience" in a building at the North Battleford museum as the crew began an Electronic Voice Phenomenon session

"There was a large crashing sound," Hourie said. "When we left the only thing that was out of place was the attic door. It was closed when we went into the room but it was open when we went out."

The results of the Paranormal Project are collected in a new book called You Are Not Alone, on sale at all WDM branch locations just in time for Halloween.

It may seem unusual for a museum to acknowledge the possibility that there could be supernatural entities present in their facilities. But executive director Joan Champ says museum officials didn't hesitate.

"It's a way for us to perhaps stimulate some curiosity and get people into the museum, and when we get them in they start learning about us and the stories we have to tell."

Champ describes herself as a skeptic and says she has never witnessed anything out of the ordinary in any of the branches, but believes there is value in this type of exercise.

"I'm a historian and I've based my whole career on the study of facts," Champ said. "But I respect the fact that the paranormal investigators are exploring this because I'm a firm believer in research."

Saskatoon WDM manager Jason B. Wall also counts himself among those who have yet to witness anything that could be labelled supernatural while on the job. But he says there are those on staff who are convinced the objects on display have other-worldly links.

"Some people are believers and some definitely are not. It's been interesting how people are expressing their opinions and dealing with it. It's good to have a free and open dialogue about these things," Wall said.

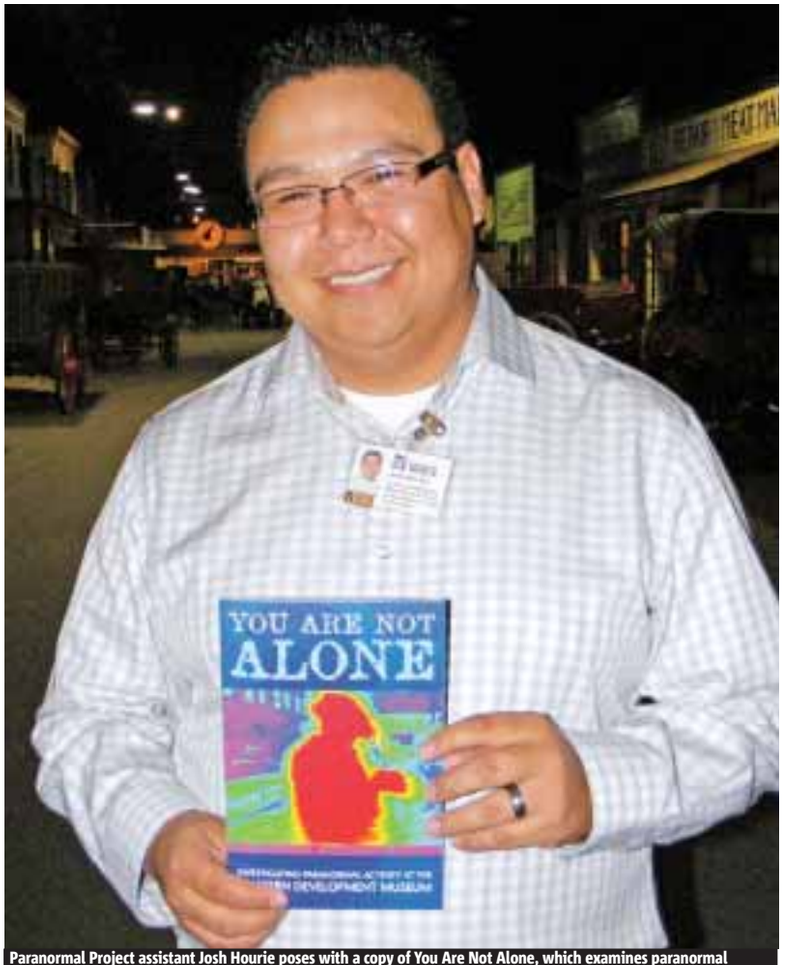
But even if there are spirits roaming the museum, Wall believes the building's positive energy means they aren't malevolent.

"When you walk into the place it's got a good vibe, there's a lot of good things happening here," Wall said. "If there are spirits, I have the sense they'd probably be happy."

Supernatural Saskatchewan?

Our province has more than a few destinations that are believed by some to be haunted.

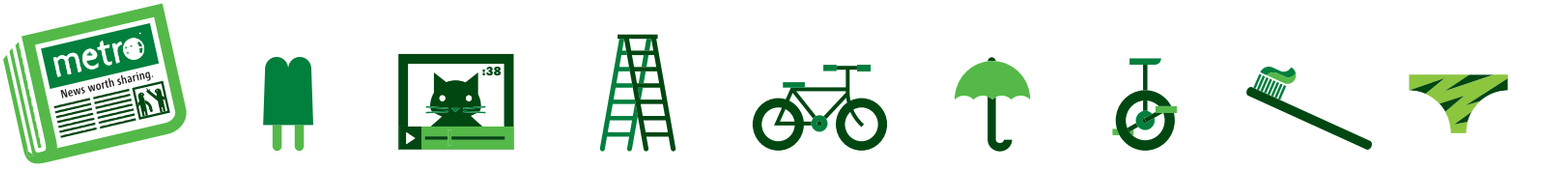
- Fort San, Fort Qu'Appelle — The former tuberculosis sanatorium is said to still be the home of a wandering nurse. Sounds of a wheelchair moving across tile have also been reported.
- Government House, Regina — A ghost nicknamed Howie is believed by some to wander the halls and the laughter of children has also been reported late at night.
- Saint Louis Train Tracks, Saint Louis – The famous tracks may have been removed but the famous light, believed by some to be the ghost of a railroad worker, have still been reported.



Paranormal Project assistant Josh Hourie poses with a copy of You Are Not Alone, which examines paranormal activity at the province's Western Development Museum branches. SIMON HIATT/FOR METRO

SCENE

Sharability



easy — hard

Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Linsday Lohan struggling with political choices

Amid all the confusion currently engulfing Lindsay Lohan's personal life, at least the world knew where the troubled actress stood politically — until now. Lohan had previously endorsed Mitt Romney in the U.S. presidential election because "employment is really important right now," according to E! News.

But while live-tweeting the last presidential debate earlier this week, Lohan voiced her support for President Barack Obama by re-tweeting a post from the president's campaign saying she was "proud of Obama."

The tweet was soon deleted, though, so maybe she is on Team Romney after all.

It sounds like the debates were rough on the actress, in any event.

"I'm so relieved that it's over. Maybe more than both of (the candidates). Severe anxiety."

Justin Timberlake

Timberlake leaves two bandmates off wedding guest list

Justin Timberlake only had room for two of his former *N Sync bandmates on the massive guest list for his wedding to Jessica Biel last week, according to Us Weekly.

While JC Chasez and Chris Kirkpatrick got to enjoy the lavish event in Southern Italy, Lance Bass and Joey Fatone had to stay home.

"Justin thought a reunion would overshadow the wedding," a source says. "And Justin hates Lance now."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Joe Simpson coming out of Jessica's stylish closet?

THE WORD
Dorothy Robinson
scene@metronews.ca

Looks like Ashlee and Jessica Simpson are going to have a lot to talk about around the Thanksgiving dinner table.

First up? Their mother, Tina Simpson, filed for divorce from their father, Joe Simpson, after 34 years of marriage last month.

"It is an amicable split and there is no third party involved," a rep for the family says. "Any other related allegations are completely false. The family appreciates your respect for their privacy at this time."

The allegations they refer to? Well, the National Enquirer is reporting that their father, Joe Simpson, has come out of the closet.

According to the tabloid, Simpson has a 20-year-old boyfriend, who was reportedly in the car with the former youth pastor and Baptist minister when he was busted for a DUI on Aug. 4.

I'll give you a second to let that sink in. Got it together? Good. The National Enquirer even has a source from the family.

"The police report stated that there was someone else in the car with Joe. Some reports have stated it was Tina, but now the belief is that it may well have been a boyfriend."

Of course, there is a good chance this might not be true. After all, if Jessica Simpson's father were gay, don't you think her shoe line would be a little more fierce?

Emma Watson

Emma Watson returning to school

Emma Watson is going back to school. After enrolling in Brown University in the fall of 2009, the British actress took a leave of absence from the Ivy League school in March 2011.

"I love Brown and I love studying pretty much more than anything, but recently I've had so much to juggle that being a student and fulfilling my other commitments has become a little impossible," Watson wrote on her blog at the time.

She then spent her junior year abroad, studying at Oxford University, before delaying her return to Brown once again to film a number of projects this summer and fall. But her rep assures Gossip Cop that she will be back on campus for 2013.

Eva Longoria

Eva Longoria back on the market

Eva Longoria and NFL star Mark Sanchez have split up after a couple of months of dating, a rep for Sanchez confirms to Us Weekly.

"Mark adores and respects Eva," the rep says. "It was really about scheduling more than anything else. They will remain close friends."

And an anonymous source confirms the cause.

"There was no drama," the source says. "They just have completely different schedules and lifestyles."

Longoria confirmed she was dating Sanchez in early September.

Twitter

@rustyrockets
Mitt and Barrack are not proper names. I'd like an elderly female candidate in a crown.

@CarrieFFisher
I'm a failed anorexic.

@GarryShandling
Like to see a REAL reality talent show: the contestant goes backstage with a Hollywood producer and we never find out how they got the job.

@SarahKSilverman
People in cults don't call their cults cults

DAJANA

In the two and a half years since we last spoke to model Dajana, the 20-year-old has achieved more than many in her profession will hope to in their entire career. Back from Europe to her hometown of Toronto to take on World MasterCard Fashion Week , the five-foot-11 beauty chats with Metro's Elizabeth Beddall about mayhem, McQueen and one major piece of swag

WALKING THE WORLD

So Dajana, what's your schedule been like today?
Woke up at 10 a.m., rehearsal at 1 p.m. for the Pink Tartan show, an appointment at 3:30 p.m. to get my hair and eyebrows done, hair and makeup call at 6 p.m. and show's at 8 p.m.

So a bit of a crazy day for you?
No, actually (laughs). Compared to the other cities, Toronto is very calm and relaxing. In Paris, casting would start anywhere from 7 a.m. onward. I had to learn the metro system, I would be running around all day, all night. There's no such thing as walking! And you're always late. Running from castings to fittings to go-sees until all hours of the night.

So up until this past September, you had modelled only locally so that you could finish high school. What are your thoughts now that you've graduated and gone international?
Now that I've got the ball rolling, I'm not going to stop. Going back to school is a future plan. I want to be a film director, but maybe in a couple of years. I want to see where modelling is going to take me. My next trip is to New York for campaign season.

From real world to world runways

How does your family feel about all this travelling?
They've been so supportive. If it wasn't for my family I don't know where I'd be ... and Elmer of course.

Elmer Olsen is the agent who discovered you. Can you tell me a little bit about how that happened?
I was shopping in the Eaton Centre with my friend. I heard footsteps behind me, really hard footsteps. I see out of the corner of my eye a tall, white-haired man. I see him running after me. I start to walk faster. He taps me on my shoulder and says, 'Excuse me, are you a model?' I replied no. The reason being — I always wanted to be a model since I was two-feet high. I went to an open call in Grade 10 and I got rejected. After that meeting, I hated everything fashion. So when Elmer scouted me, I didn't want to hear it.

So what changed your mind?
He convinced the friend I was with to help him find me again. She told him where I went to school and he asked one of his former models (who happened to go to my high school) to reach out to me. She did. It means a lot for an agent to go that distance. He claims it was 17 days, four hours later that I called him. He wasn't counting the days, he says.

Blast from the past...

"The best thing that's happened so far is N.Y. Fashion Week. I'd like to do Paris and Milan..."

Dajana quoted in a Metro feature, published March 29, 2010

So on your very first go in Europe, you opened for Roland Mouret, landed an exclusive booking with Jil Sander SS13 and walked for Alexander McQueen. What made you stand out from the crowds of girls that are seen?
I don't know, but I know what the casting directors say: My sense of humour. Fifty per cent of a job is personality. If you get along with your photographer, your stylist, that job can be really fun and it can go by really quickly.

Tell us about waiting backstage to hit the runway at the McQueen show?
I think I was the only model freaking out. They have experienced girls in the shows. Very few of us were brand new.

And when it was over?
At the end of the show, I thought, 'Am I dreaming?'. That was my goal. My first season? It was so surreal.

An incredible Alexander McQueen oufit worn by Dajana. PROVIDED

Dajana walks for Jil Sander in Milan. PROVIDED

Dajana opens the Roland Mouret show in Paris. PROVIDED

And I heard you got a little surprise along the way?
When I was having a fitting and the people at Alexander McQueen said they had a gift for me. (Points to her black smooth calf leather Heroine bag.) I was searching for a bag,too.

So now that you're constantly on the runway, do you have a little something you say to yourself each time you walk out?
Don't fall! (Laughs.) Don't fall. It would be so embarrassing, but you know what? It happens all the time. You just have to get up and keep on walking.

Dajana smooches a McQueen bag that the design house gifted her for doing their show. PROVIDED

Helping a living room grow up

I live alone in an apartment that I rent. My living room is a good size (12-by-16) and I get nice sun light. I want to redecorate, and I am sick of seeing my oversized brown couch. I don't want my small apartment to look small and want it to feel more grown up.
-Sandra, Montreal

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Find a few things in the room that you love and build the room around them.

The rug, for instance, is a classic, and although pink, Persian-style rugs are not the biggest rage at this time, your quality rug can stay in the room as long as you build around the colours and classic style. I have chosen a palette of greys and pinks to play off the carpet and give the room a sophisticated, feminine look.

The first thing to do is to get your furniture ordered, which will often take a few weeks. This will give you time to clear out the living room and paint the walls. Wait until the furniture is in place before deciding on lighting, artwork and small accessories. This will give you a better idea as to what is needed.

Designer touches

- Hang a large mirror over your new sofa to bounce light into the room.
- Add dark grey drapery panels on each side of the window to soften the room.
- Choose a medium-wood tone for picture framing in the room to tie in the floors and furnishings.
- Add decorative cushions — patterned ones on the plain sofa and plain ones on the patterned chairs.

Before

Sandra's living room needed to grow up in terms of style and decor.

Paint

The simplest way to change the look of the room is to add colour to the walls. I suggest a deep pink brick colour. This will help tie in the Persian-style rug that is currently in the room. Lip Gloss, Benjamin Moore.

New sofa, $2,100

I suggest a foggy blue/grey coloured sofa to help cool down the room and give it a sophisticated feel. Tailor Sofa, Crate & Barrel.

TV stand, $600

A sleek media centre will be a better option than the crate that currently holds the television. Demio Media Shelf, Structube.

Side chairs, $600

Purchase two upholstered side chairs and place them in front of the window, separated with a small side table. RUSS Chair, Urban Barn.

Storage, $650

Ground the entrance wall with a stylish wardrobe to keep coats, shoes and sports equipment hidden away. PAX Wardrobe, Ikea.

Solar thermal system

A green alternative to water heating

Is a solar thermal system a good way to heat our household water?
-Karl, Mississauga, Ont

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Hot water is the second largest draw on household energy — right after space heating — and represents about 30 per cent of total energy use in our homes. So you are right to be turning to the sun for green alternatives.

Solar thermal systems convert sunlight into heat for household water through solar collectors mounted on roofs. Water, or a water and antifreeze solution, carries heat from the collectors and pumps it through a heat exchanger to warm water for a hot-water storage tank. From there, it's ready for your bath and home.

A typical system requires about six square metres of sloped, south-facing roof, with minimal shading from nearby trees and buildings. An abundance of sunny weather is not a prerequisite. Solar energy comes from the light generated by the sun — not just from direct sunlight — so even on cloudy days the sun can generate enough energy for up to 60 per cent of domestic hot-water needs.

Although solar thermal systems aren't cheap to install, the savings associated with reduced dependency on fossil fuels may well offset your long-term costs. This is especially true of systems installed for summer use — like those for pools or cabins — where costly freeze protection packages aren't required.

A solar heating system will also add value to your home. Municipal and provincial governments are in various stages of approving legislation requiring new homes to be "solar ready." It will bolster your credibility with your green neighbours and earn a great big thumbs-up from me.

Once you've done a little research to determine if your municipality or local utility company has rules or rebates that pertain to solar heating, the next step towards installing a system is to contact a solar company and request a free assessment. Professionals can assess your home's suitability and the potential costs, and may even recommend other popular solar options that could be better-suited to your particulars.

Solar thermal technologies aren't new, but you'll likely be an innovator in your community.

Organizations like the Canadian Solar Industries Association (CanSIA) have resources to help you along the way.

Even on cloudy days, the sun can generate enough energy for up to 60 per cent of domestic hot-water needs. ISTOCK IMAGES

Guilt-free brownies — no, seriously

Boasting sugar alternatives, these cocoa-nut Brownies from The Joy of Gluten-Free, Sugar-Free Baking by Peter Reinhart and Denene Wallace make a great treat.

1. Heat the oven to 350 F. Line an 8-inch square baking pan with parchment paper, then mist it with cooking spray.

2. In a medium bowl, combine the pecan flour, almond flour, Splenda or other sweetener, cocoa powder and baking powder. Whisk until well mixed.

3. In large bowl, whisk the eggs, soy milk, butter, vanilla and liquid Stevia until thoroughly blended. Add the flour mixture and whisk or stir with a large spoon until all of the ingredients are evenly incorporated to make a smooth, sticky batter. Pour the mixture into the prepared pan, spreading it in an even layer.

4. Bake for 15 minutes, then rotate and bake for another 10 minutes, or until the brownies are just slightly springy but still jiggly when pressed gently at the centre. If you like fudgy brownies, remove them from the oven at this point. If you prefer them to be more cake-like, continue baking for a few more minutes, or until a toothpick inserted at the middle of the brownies comes out clean.

5. Let the brownies cool in the pan for at least 15 minutes. You can either cut the brownies in the pan, or transfer the whole piece to a cutting board before cutting. Cut them in a 3-by-4 grid to yield 12 brownies.

Ingredients

- 2 cups (8 oz) pecan flour
- 1 cup (4 oz) almond flour
- 2 cups Splenda or Stevia Extract in the Raw, or 1/2 cup New Roots Stevia Sugar
- 1/2 cup (1 1/2 ounces) unsweetened natural cocoa powder (not Dutch-process)
- 2 tsp baking powder
- 3 eggs
- 1/2 cup unsweetened chocolate soy milk or chocolate almond milk
- 1/4 cup (1/2 stick) salted butter or margarine, melted
- 1 tbsp vanilla extract
- 1/2 tsp liquid Stevia

Cocoa-Nut Brownies

This recipe makes 12 servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ RECIPE FROM PETER REINHART AND DENENE WALLACE'S THE JOY OF GLUTEN-FREE, SUGAR-FREE BAKING, TEN SPEED PRESS, 2012

Cookbook of the week

All the yum, none of the regret

After more than two decades of research into gluten-free baking, legendary bread maker Peter Reinhart and his baking partner Denene Wallace have released a collection of 80 recipes for breads, pastries, cookies, cakes and more.

The Joy of Gluten-Free, Sugar-Free Baking also allows readers to make the recipes vegan friendly by following dairy and egg substitution guidelines.

Recipes include: banana bread, garlic breadsticks, blueberry-hazelnut muffins, carrot cake with cream cheese frosting and more. METRO

Classic cookie gets a gluten-free makeover

This recipe makes 24 cookies. THE CANADIAN PRESS HANDOUT

This gluten-free version of the ultimate classic chocolate chip cookie is made from almond flour and speckled with sliced almonds. Easy to make and even easier to eat, enjoy it for dessert or use as a post-workout snack to boost your energy.

1. Heat oven to 180 C (350 F). Line baking sheets with parchment paper.

2. In bowl, combine almond flour, salt and baking soda.

3. In a medium bowl, combine grapeseed oil, agave and vanilla. Add to almond flour mixture and mix until thoroughly combined. Fold in chocolate chips and almonds.

4. Spoon dough one heaping tablespoon at a time onto baking sheet and press down to flatten. Bake for 7 to 10 minutes, until lightly golden. Let cookies cool on baking sheets for 20 minutes. THE CANADIAN PRESS/ ALMONDBOARD.COM

Ingredients

- 625 ml (2 1/2 cups) almond flour
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) baking soda
- 125 ml (1/2 cup) grapeseed oil
- 125 ml (1/2 cup) agave nectar
- 15 ml (1 tbsp) vanilla
- 125 ml (1/2 cup) dark chocolate chips
- 125 ml (1/2 cup) sliced almonds

Nutrition information

Here is the nutritional info per cookie.

- **Calories:** 132
- **Fat:** 12 g (1.5 g saturated fat)
- **Protein:** 3 g
- **Carbohydrate:** 6 g

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Big Bird meets Gangnam

Costumes. Some of the hottest outfits this Halloween season are inspired from pop culture

Popular costumes for adults this year include Big Bird, and South Korean pop star Psy, below. THE ASSOCIATED PRESS FILE PHOTO

HEATHER BUCHAN
For Metro

The final countdown to Halloween has begun and the hot topic amongst kids and adults alike across the country is what to dress up as for Fright Night 2012.

It seems that every year there is more and more variety available. What you choose simply depends on budget, taste and time.

Here are some of this year's hottest costumes for people of all ages:

Depending on a child's age, costumes are more about fun than fright, with many toddlers wobbling around in cutesy, rather than scary, attire that's sure to elicit some ghoulish giggles.

For preschoolers, the most popular costumes year after year include animals (puppy dogs, turtles, cats, horses, bunnies and cows reign supreme) as well as firefighters, bees and, interestingly, hotdogs.

While traditionally spooky costumes like ghosts, ghouls, goblins and witches are classic go-to's every year, increasingly, popular culture influences the costume decisions of teens and adults for Halloween parties.

At Candy's Costume Shop on Mount Pleasant Road in Toronto, Dorothy costumes have already sold out, a trend staff attribute to the reality TV singing competition Over The Rainbow.

Other popular teen and adult costumes that experts predict will be out and about in abundance include Lady Gaga (her eccentric wardrobe provides endless outrageous costume options), South Korean pop star Psy, whose pop song Gangnam Style, complete with invisible horse dance moves, went viral on the Internet, and Big Bird (thanks to U.S. presidential candidate Mitt Romney's name-dropping of the beloved Sesame Street character during the first presidential debate). According to ABC News, Big Bird costumes are flying off the shelves at U.S. costume shops.

Transylvanian vampire costume, far left, and Dorothy costume, $32.93 each at Walmart.

Year after year, the most popular costumes for boys are of the superhero variety, and this year, the impact of the Twilight franchise on tweens and teens alike cannot be overstated. So you can expect to see boys and girls alike dressed as vampires and werewolves this year. Superhero costumes, including Batman and Captain America, both influenced by the mega-popular films, will also be plentiful.

While in days past, many young girls donned princess costumes to do their trick-or-treating in, this year, staff at Candy's have seen more young girls opting for vampire and ghoul costumes. And thanks to the recent Little Red Riding Hood and Snow White-based movies, there is expected to be a resurgence of both fairy tale characters this year as well.

Given all the costume options, Halloween 2012 is sure to be spooktacular.

Say Boo!
to boring costumes

SHOP HALLOWEEN AT ValueVillage

For great costume, craft and party ideas plus easy makeup videos visit **www.valuevillage.com**

Walk among the dead

Fear faces. DIY tips for giving yourself a ghoulish makeover

ASTRID VAN DEN BROEK
For Metro

A zombie parades down the street during the Toronto Zombie Walk earlier this month, top, while zombies also took over Belgrade. Transform yourself into a zombie this Halloween with a few easy tips. TORSTAR NEWS SERVICE FILE/THE ASSOCIATED PRESS FILE

Does The Walking Dead have you inspired this Halloween to go zombie? If so, Allison Lumley, owner of Main Artery Designs in Red Deer, Alta., gives us her best tips on turning zombie for the big night.

WHAT TO USE?

Lumley says you can start with regular makeup for a DIY look, such as foundation or eye shadow, keeping in mind that the best bruise colours are greys and black. "Then you can add white glue and toilet paper for a wrinkle or decay effect," she said.

Looking for a more professional look? Visit your local Halloween or theatrical store to pick up basic face paints, theatre blood, and liquid latex/spirit gum for adhering things to your face.

Use a guide

"Have an image of a skull and use the shadows and highlights from the skull's bone structure to guide your make up," Lumley said. For example, think dark shades around eyes, temples, collar bone, throat and highlighting the cheek bones to give features more depth.

Here is Lumley's step-by-step process for turning into a zombie:

1 Moisturize to prepare your face since you are about to add a lot of makeup to it.

2 Apply a base colour such as a pale blue or grey.

3 Add latex wounds or glue/tissue. "For instant wrinkles, pull back the skin on your forehead so it's tight and put on a layer of glue. Blow dry, then let go," Lumley said. Or squint as tight as you can and lightly dab shade in the form of blacks and greys with a makeup sponge on the squint lines.

4 Add some red around the bottom of the eyes.

5 Mix corn syrup and red food colouring to make coagulated blood to add to wounds, or even swish around your mouth and let it drool out for extra blood effects.

6 Remember to include the neck, ears and hands — think all exposed skin — to keep the effects real. "And for the ultimate look, you can buy special contact lenses or "Zombie Rot" for your teeth, and rub conditioner through your hair to make it look lifeless and dirty," Lumley said.

Tutorials for creepy creations

We are only a week away from Halloween, do you have your costume ready? If you are planning an elaborate Halloween costume or looking for a last-minute idea, consider adding a swipe of makeup to your fright night festivities.

Embrace your inner zombie or scary character for the holiday, thanks to face paint and a little creativity.

We tracked down the best Canadian Halloween makeup tutorials on YouTube to take your costume to the next level.

Crazy Face — youtube.com/watch?v=h6070oEirqM&list=PL96C5DAD11C1D30E3&index=1&feature=plpp_video

Vampire — youtube.com/watch?v=UujCxliW01Y&list=PL96C5DAD11C1D30E3&index=5&feature=plpp_video

Living Doll — youtube.com/watch?v=w5fBbOJv9tQ&list=PL96C5DAD11C1D30E3&index=14&feature=plpp_video

Swamp Thing — youtube.com/watch?v=mgeU1IBDSZo&list=PL96C5DAD11C1D30E3&index=28&feature=plpp_video

Tiki Mask — youtube.com/watch?v=lkbISq9X-qE&list=PL96C5DAD11C1D30E3&index=31&feature=plpp_video

Two-Faced Zombie — youtube.com/watch?v=FK2HigpTAM4&feature=plcp. METRO

Dress up your home with Fabric Ghost Lights, $14.99, above, Spider Pillar Candle, $6, below right, and Indoor Pumpkin Lights, $19.99, all available at Canadian Tire, canadiantire.ca. CONTRIBUTED

Make your home the scariest on the block

ASTRID VAN DEN BROEK
For Metro

Looking to freshen up your home's look for Halloween? Before you drag out the stringy cobwebs and Styrofoam tombstones, consider going a different route this year.

Metro asked Karl Lohnes, its Décor Moment columnist, for his thoughts on what's hot for the scariest day of the year.

HAVE FUN WITH LIGHTING

Forget stringing up your Christmas lights early to decorate your front porch. "One of the big trends this Halloween is going more experiential décor," Lohnes said. "So we're going to see people putting strobe lights up inside the window, or hanging not Christmas lights, but Halloween themed mini-lights. They tend to go all out with it." Or, he adds, you can take a different approach with lighting — say bunching up a string of Halloween lights and after they are lit put them into a beautiful glass bowl for a unique centrepiece.

To further create a mood, add in a touch of sound either inside or outside your front door. "And if you're having a party, the sounds create some eeriness. Instead, it all works to create a mood," Lohnes added.

THINK BEYOND ORANGE

Forget the traditional strict orange and black colours this year. "There isn't as much orange as we think this year," Lohnes said. "Following popular trends, there are a lot of grey, black, and off-white — it's just more solemn colours to create more of a sophisticated Halloween look rather than just going all orange."

GET CREATIVE WITH PUMPKINS

"People are really doing some interesting things with pumpkins this year," Lohnes said. "And they're doing them to real gourds and artificial ones as well — so changing nature in a way to make it look more interesting."

This year's approaches include opting for white pumpkins from the store rather than traditional orange, painting pumpkins a unique colour, or blinging up their front door gourds. "They are using spray glitter on their pumpkin to have the whole thing have a bit of a shine to it," Lohnes said. "Or they've sprayed a few gourds with glitter and put them in a basket, so adding some bling to nature."

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The undying popularity of haunted houses

ASTRID VAN DEN BROEK
For Metro

Have you toured a haunted house yet in the lead-up to Halloween? Why exactly do we love our haunted experiences so much?

"I think it's something so different from your average experience," says Danusia Rogacki, area manager of technical and event services for Canada's Wonderland, the Vaughan, Ont.-based theme park that produces an annual Halloween Haunt. "People like to feel safe and they assume that most places they go are safe. So they get this kind of thrill when they come in and are expecting to be scared and a monster pops out and they get a little jolt of adrenaline.

"It's so removed from everyday life."

While Rogacki says its corn maze has remained one of the haunt's most popular attractions, she is seeing other types of experiences grow in popularity as well.

"Our clown maze, for example, because I think clowns are a staple fear for a lot of people. And our vampire nightclub has been really popular, too," she said. "You look at those three experiences and they're completely different. The corn maze is outside in the forest — it's all organic and natural materials and then our nightclub is sleek and metals and lasers."

Meanwhile, Rogacki thinks haunts of many sorts — commercial and home haunts (independent haunts held in parking lots or farmer's fields for example) — are a growing attraction.

"The last couple of years this type of attraction has just exploded in popularity," she said. "We're starting to catch up to the States in terms of the popularity with those kinds of events. In the States, you trip over haunt events no matter where you go."

So how can you make the most out of your haunt experience this year?

Here are Rogacki's tips:

- Go to your favourite haunt on a quieter day and time if possible. "Sundays, for example, are quieter so visitors have more time to see their favourites and do their favourites again."
- Go after dark, of course. Many open around dusk at 7 or 8 p.m.
- Tour the haunt in small groups. "That way they'll feel more isolated when they get scared."

Want to find one near you? Try The Pacific National Exhibition: Fright Nights (pne.ca/fright-nights) or search the Canadian Haunters Association website (canadianhauntersassociation.com).

Haunted experiences have exploded in popularity. ISTOCKPHOTO/THINKSTOCK

Recipe. Franken Mallows

INGREDIENTS

- 6 oz Baker's Semi-Sweet Chocolate
- 25 Jet-Puffed Marshmallows, divided
- Suggested decorations: Toasted shredded coconut, food colourings, coloured sugar, pretzel sticks, ring-shaped toasted whole grain oat cereal, decorating icing, dry chow mein noodles, nuts, small candies

INSTRUCTIONS

Melt chocolate as directed on package. Dip 20 marshmallows, 1 at a time, in chocolate, turning to evenly coat each marshmallow. Gently shake off excess chocolate. Place marshmallows, in single layer, on sheets of waxed paper. Reserve remaining melted chocolate for decorating.

Let marshmallows stand at room temperature 2 hours or until chocolate is firm.

Cut each of the remaining marshmallows crosswise into 4 pieces with clean kitchen shears. Cut v-shaped notch out of each piece for the shoes. Dip cut-sides in coloured sugar. Attach 1 notched marshmallow to bottom of each chocolate-covered marshmallow with a dab of the remaining melted chocolate.

Decorate coated marshmallows with remaining decorations as desired. For bolts: Cut pretzels into 1/4-inch lengths. Insert 1 pretzel piece into each cereal ring; insert 2 pretzels into opposite side of each marshmallow, securing each with a dab of melted chocolate. For eyes, nose, scars and other hair styles: Decorate marshmallows with remaining ingredients as desired.

COURTESY KRAFT CANADA

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demos in our new inflatable planetarium
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Take a bite into these candy safety tips

Erica Ehm from YummyMummyClub.ca has some safety tips when your children are out trick-or-treating.

"My daughter is severely allergic to nuts and I'm asking parents to be sensitive this Halloween," she said.

Halloween Candy: Bite Into These Safety Tips

1. Have children wait to open their candy until they return home so parents can inspect them. Watch for signs of tampering, such as small pinholes in wrappers and torn or loose packages.

2. Accept only wrapped and packaged candy. Dispose any candy or food that is not wrapped tightly by the candy company.

3. Do not give homemade or unwrapped treats to kids.

4. Be sure to read the label of ingredients to ensure the candy hasn't come in contact with nuts.

5. When offering treats, provide peanut-free options made in a peanut-free facility.

As food allergies are so common, Halloween can be a very stressful night for parents. This year, Nestlé is asking Canadians to Paint the Town Red by purchasing Nestlé's Assorted snack size bars in the iconic red box, place the box in their window so parents know that house is a peanut-free home.

It's easy to make Halloween safer for everyone involved, including kids and their family and friends, by making the right choices.

METRO

Recipe. Yummy Mummy Spinach Dip

INGREDIENTS

- 1 pkg (450 g) refrigerated pizza dough
- 1 egg, beaten
- 2 sticks (21 g each) Kraft aMOOza! Twists Mozzarella-Mozzarella Flavour Cheese Snack
- 2 black olive slices
- 1 cup light sour cream
- 1/4 cup Kraft Calorie-Wise Rancher's Choice Dressing
- 1 pkg (300 g) frozen chopped spinach, thawed, well drained
- 1 green onion, sliced
- 1/2 cup finely chopped red peppers
- 1/4 cup Kraft 100% Parmesan Light Grated Cheese
- 1/4 tsp ground black pepper

INSTRUCTIONS

Pat dough into 12x6-inch oval on baking sheet sprayed with cooking spray. Press in both sides of dough, about 3 inches from one end of oval, to form the mummy's head. Let rise in warm place 20 min. or until doubled in volume.

Heat oven to 400 F. Brush dough with egg. Bake 20 to 25 min. or until bread is golden brown and sounds hollow when tapped lightly. Pull apart string cheese to make about 16 strips; arrange over bread for the mummy's wrappings. Bake 1 to 2 min. or just until cheese is melted; cool slightly. Press olive slices into bread for the mummy's eyes; cool completely.

Meanwhile, mix sour cream and dressing in medium bowl until well blended. Stir in remaining ingredients. Refrigerate 30 min. or until ready to serve.

Use sharp knife to remove bread from top of mummy's body; scoop out bread from centre, leaving thin shell on bottom and side. Fill bread with spinach dip just before serving; cover with top of bread. COURTESY KRAFT CANADA

Lockout. Darkness falls on NHL labour talks

The NHL's labour talks have entered a dark period. When that will lift is anyone's guess.

Rather than working towards progress on a new collective bargaining agreement in the coming days, the league is expected to start making grim announcements that will be all-too-familiar to fans who lived through the 2004-05 lockout.

It's a virtual certainty that a full 1,230-game schedule won't be played, with commissioner Gary Bettman acknowledging Wednesday that "it looks like an 82-game season (for each team) is not going to be a reality."

Gary Bettman THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Football

Thunder coach Klempner retires

Coach Erwin Klempner, a longtime figure on the Regina football scene, announced his retirement Wednesday.

Klempner's coaching career spans more than 35 years, including the last seven years as head coach with the Regina Thunder and time with the University of Regina Rams and Balfour Collegiate.

Klempner will stay with the Thunder as a member of the board of directors. METRO

NHL. Blue Jackets bring in veteran exec Davidson

Unlike many people in hockey, John Davidson wasn't afraid of the losing tradition of the Columbus Blue Jackets.

"I like the idea of the challenge. I mean, it's possible. In fact, it's something we're going to do," Davidson said Wednesday after being hired as the Blue Jackets' new president of hockey operations.

The former player, Hall of Fame broadcaster and St. Louis Blues president believes he can transform a franchise with just one, brief trip to the post-season into a Stanley Cup contender.

Davidson will take over a new position. The former president, Mike Priest, will now concentrate only on the business side of a team that had the worst record in the NHL last season (29-46-7, 65 points).

THE ASSOCIATED PRESS

Quoted

"We'll win our share. As we move along here, we'll win more than our share."
John Davidson

'Knothole gang' gathers for free look at World Series

Giants third baseman Pablo Sandoval hits a first-inning home run off of Tigers starter Justin Verlander in Game 1 of the World Series on Wednesday night in San Francisco. CHRISTIAN PETERSEN/GETTY IMAGES

MLB. Chain-link fence in left field gives San Francisco fans rare view of baseball heroes

They're teens skipping school and adults driving through the night to line up before dawn in soggy San Francisco — all for a chance to watch a few innings of the World Series for free.

The die-hard fans are known as the "knothole gang," a group prepared to endure all sorts of discomfort for their Giants, just as they did at AT&T Park in 2010 when the team battled the Texas Rangers, and again this September and throughout the playoffs.

Early Wednesday fans began lining up again, and the queue kept growing as game time approached.

From the park's "knothole," the lucky ones share the same vantage point as Giants right fielder Hunter Pence, peering through a chain-link fence enclosing four viewing portals stretching about 100 feet under the right-field stands. They'll shake the fence and scream insults at the opposing right fielder, who stands just feet away.

There is no other place like it in the Major Leagues. The Giants' ballpark is the only stadium in the country with the feature, but there are rules: No chairs, dogs or drinking. And every three innings, security rotates people in and out.

But for those who lined up 12 hours or more before the first pitch, the price was right.

"I could afford maybe one ticket, but not a ticket for everyone," said Tony Bryson, 44, who travelled from Sacramento with his two sons and three of their friends to secure a spot. They arrived around 7 a.m. and bundled up against the cold and rain of the early morning.

Bryson and his group also viewed the 2010 World Series from the "knothole" area and they and the other regulars wouldn't have it any other way.

THE ASSOCIATED PRESS

Go to metronews.ca/sports for coverage of Game 1 of the World Series.

Quoted

"I have a good relationship with all those guys. It will be exciting to play against them. It will be extra motivation."
Tigers slugger Miguel Cabrera, who is one of at least nine Venezuelans playing in this year's World Series.

Hot ticket?

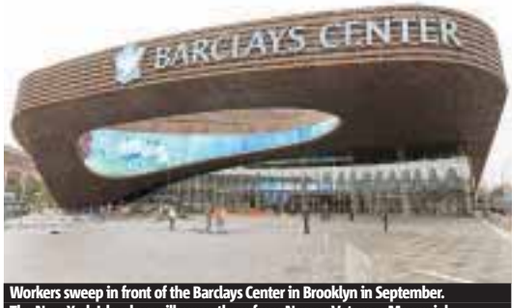
11,000

As of Tuesday afternoon, there were 11,000-plus listings for tickets for the World Series opener on the resale market, according to fansnap.com, with an average price of $784 US and a low of $313. Later in the day, listings dropped to 9,200 and the low fell to $256.

No closer conclusion

"Just going to play it by ear, see what happens."
Tigers manager Jim Leyland, who hadn't made a decision on his closer going into Game 1. Lefty Phil Coke earned saves in Games 2 and 3 against the Yankees, brought in against a team with powerful left-handed hitters. Usual closer Jose Valverde has struggled so far this post-season.

New York Islanders to call Brooklyn home



Workers sweep in front of the Barclays Center in Brooklyn in September. The New York Islanders will move there from Nassau Veterans Memorial Coliseum in Uniondale, N.Y. KATHY WILLEN/THE ASSOCIATED PRESS FILE

Now hockey is coming to Brooklyn.

The NHL's New York Islanders have agreed to move to the Barclays Center starting with the 2015-16 season.

"Hello Brooklyn!" Islanders owner Charles Wang said as he made the announcement at a news conference Wednesday. The lease deal is for 25 years.

Officials in nearby Nassau County, N.Y., have struggled for years to come up with a plan to either renovate or build a new arena to replace the Nassau Veterans Memorial Coliseum, which opened in 1972. Wang, the founder of a computer software company, presented a plan in 2003 for a privately funded multibillion-dollar development of housing, retail and a new arena on the property, but the proposal met community opposition.

Wang had long threatened to move the team from its home in Uniondale after the club's lease expired following the 2014-15 season.

"Brooklyn is big time and now we have the big-league sports to prove it," Mayor Michael Bloomberg said.

Long Island fans seemed resigned to the move for a team that won the Stanley Cup every year from 1980 through 1983 but missed the playoffs last season.

THE ASSOCIATED PRESS

Staying close

The Barclays deal took seven months to complete and was finished Tuesday night, according to Wang, who said he had wanted to keep the team local.

Horoscopes

♈ Aries
March 21 - April 20
You will go out of your way to prove you have what it takes, but don't go too far and do something that lands you in a lot of trouble. By all means, be adventurous but keep things in perspective too.

♉ Taurus
April 21 - May 21
You may be tempted to take some kind of risk but the Sun linked to Saturn in your opposite sign warns that's not such a good idea. Try to think through the consequences of your actions before you take them.

♊ Gemini
May 22 - June 21
No matter how eager you may be to change your life for the better, you still need to invest a bit more time thinking things through. Your plans may never be watertight but they can be more realistic.

♋ Cancer
June 22 - July 23
Your confidence is back and everyone is praising you to the skies. That is all very nice but you should be aware that some of those people don't really want to see you succeed. You know who they are.

♌ Leo
July 24 - Aug. 23
It might be tempting to get involved in a dispute of some kind but if you are smart, you will keep your distance. Nothing you do or say will change the situation one little bit, so leave well alone.

♍ Virgo
Aug. 24 - Sept. 23
If you allow other people to speak on your behalf, you will probably regret it. Either speak for yourself or keep your thoughts secret. In general, the less others know about your plans and ambitions, the better.

♎ Libra
Sept. 24 - Oct. 23
The Sun close to Saturn in the money area of your chart warns you need to be realistic about your cash flow situation. Don't spend it if you haven't got it — and, if you have got it, save it for later.

♏ Scorpio
Oct. 24 - Nov. 22
You may think that nothing can harm you, that fortune favours you because you are bold. To an extent that is true, but don't get silly about it. Even Scorpios are human. Even Scorpios bleed. Be careful.

♐ Sagittarius
Nov. 23 - Dec. 21
To resolve a long running problem, you may need to team up with someone who knows more about a specific area than you do. You can make use of their knowledge and they can make use of your energy.

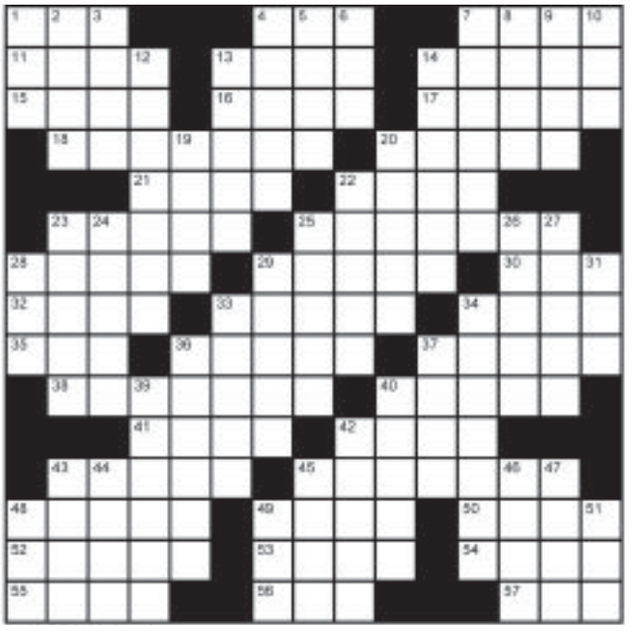
♑ Capricorn
Dec. 22 - Jan. 20
Everything has its place and purpose. It is simply not true that we live in a meaningless universe. You may be a down to earth sort by nature but today you will want to dig deeper into life's mysteries.

♒ Aquarius
Jan. 21 - Feb. 19
Try not to take anything for granted today. And try not to let your fantasies take over your mind. Wishful thinking can be fun but it can also be dangerous. Reach for the stars but don't lose touch with reality.

♓ Pisces
Feb. 20 - March 20
There is no point trying to force yourself to do something you don't enjoy because you won't do a good job at it. Either you give it one hundred per cent or you don't do it at all. What will it be? SALLY BROMPTON

This Puzzle Has No Title

BY MICHAEL WIESENBERG



Across
1. Occupied a chair
4. Astroturf rival
7. Desire
11. Biggest problems of some celebrities
13. Identical
14. Québec peninsula along the south shore of the Saint Lawrence River
15. Winnie-the-___
16. "Sad to say ..."
17. "On the ___ hand ...": "Here's a different idea ..."
18. BC's ___ National Park, in the Rockies near Revelstoke
20. Headquartered
21. A whole bunch
22. Jaguar or Mustang
23. ___-et-un: blackjack (from French for "21")
25. Side with the football
28. Assistants
29. Irritate by rubbing
30. A cheer
32. Member of a landscaping team who digs up weeds
33. Like nonvegetarian spaghetti sauces
34. Apple eater's throw-away
35. ___ mode: with ice cream (2 wds.)
36. Bookstore shelving category
37. "___ Lane": Beatles song
38. "Wild Rose Country" province
40. Infraction fees
41. Cabin material
42. Transmitted
43. Black playing card
45. Canada's most populous province
48. Cognizant of one's surroundings
49. ___-Ball: old arcade game
50. Makes a mistake
52. Challenges
53. Bauxite and galena
54. Insecticide ingredient
55. Adds color to
56. Place for a drink
57. Asian sauce type

Down
1. End-of-summer mo.
2. All ___: excited
3. Chisel or hammer
4. After-Christmas store events
5. *Rubáiyát* poet Khayyam, actor Sharif, or *House* actor Epps
6. ___ Moines, Iowa
7. Doctor who's Sherlock Holmes's sidekick
8. "How ___, Doc?": "What's his prognosis?" (2 wds.)
9. Exceeded the posted limit
10. That girl
12. Montréal-born *Star Trek* star William
13. Blessed one
14. Colonel Sanders, Mitch Miller, or the Devil's beard type
19. Gear teeth
20. Saskatchewan-born folk singer Sainte-Marie
22. ___ worse than death: dire outcome (2 wds.)
23. String quartet member
24. Worthy aim
25. Scarlett ___ of *Gone With the Wind*
26. Witch
27. Brings in, as a salary
28. "Gotcha!"
29. Change for a nickel
31. "Pay attention!"
33. Become one company
34. Moved to the middle
36. Hollow, crystal-lined stones
37. ___ colada: rum cocktail
39. Plays at maximum volume
40. Big celebrations
42. Villainous expression
43. Bend with the breeze
44. Peel
45. Southern US stew ingredient
46. Angers
47. Sandwich cookie
48. Also say
49. Bawl
51. Pig pen

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	7		1		6		9	4
				3				
	1						8	
		7	5		4	6		
6								8
		2	9		3	1		
	5						2	
				1				
8	3		7		2		1	5

Yesterday's Sudoku

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